## Junior F.H.A. Holds Talent Program

Shown above are girls participating in the talent show held during the December meeting of the Junior Chapter Future Homemakers of America. The meeting was held on December 6 in the auditorium. Participating was, from left: Sandy Jamerson, Susan Doss, Roxanne Martin, guitarist, and Susan Rosser, pianist who did three numbers; Ruth Stratton, gymnastics; Liz Chernault, gymnastics, Janice Giles, program chairman and announcer for this event; Gay Berryman, pantomime - "I Go Ape," Judy Ayers, piano solo - "Santa Claus is Coming To Town;" and Sheena Watts, parallel bars routine. Not pictured are Cindy Hix, Betty Garrett and Melinda McIntosh who sang "Joy To The World" & "Silent Night;" Nancy Stratton, singing "Why", a song she composed; and Gail Moore, who did a baton routine.

This was one of a series of programs our club is doing on one of our major projects - Identity.

Susan Rosser, reporter

## Legion Donates To Firemen

Steve Bowling, right above, Commander of American Legion Post 104, is shown presenting a check in the amount of $50.00 to Dick Bass, left above, Chief of the Appomattox Volunteer Fire Department.

The check was presented on behalf of Legion Post 104 in appreciation of the volunteer work that the members of the Fire Department do for the town and county.

## The Wonder Of Christmas

Once again as we approach the Christmas Season, we seem busier than ever before. We check our bank balance to be sure that we have not spent too much; or complain because we already have. We fret and stew about the Christmas rush; having to send Christmas cards; shopping lists; cookies and cakes to bake; and all of the holiday parties to attend. We're so busy that we wonder how we do it! Once it's all over we're exhausted and glad it won't happen again for another year.

If this is the way you feel, then you have missed the wonder of Christmas. Why not slow down, take a deep breath, and let the silence decend. Think about the wonder and glory of the day we are preparing to celebrate. We can do it if we really want to. Try to be like the children. Perhaps this is what it's all about.

Maybe we should become like children. They stare at the stars with wonder in their eyes. They dream of a bright star leading the Wise Men to the Baby Jesus. They see the reindeer prancing on rooftops and little elves making toys. The wonder of Christmas is in their eyes and in their hearts.

Yes, I'm sure this is what it's all about. There really is a wonder in Christmas. Please don't miss it!

Thomas Lee Matthews

"For to us a Child is Born, to us a Son is given; and the Government will be upon his shoulder, and his name will be called "wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace."
Isaiah 9:6.

## Spiritual Twins, Spiritual Success

Get wisdom get understanding: neither decline from the words of my mouth. Proverbs 4:5.

Solomon in his Proverbs stresses the importance of wisdom and understanding. These are spiritual twins, which should never be separated of what value is wisdom if understanding is lacking? Of how much is understanding if we do not exercise wisdom in using our knowledge? In all ages there have been many who had wisdom and understanding the ways of the world. Of business, of science yet they had little wisdom and understanding of the things of God.

We are living in an age when there is a greater knowledge than ever before. Greater inventions, greater developments. For centuries man wanted to explore the moon. It is a far cry from Galileo's telescope to Ranger 7 with its televising cameras. Before Ranger 7 landed on the moon it sent back more than four thousand photographs of the moon's surface. Six previous efforts to accomplish this feat had failed. Careful study of the failures brought understanding to the scientists. That knowledge gave them wisdom to plan the moonshot of Ranger 7 with success - with success Several times since then men have landed on the moon, and knowledge has been obtained that gave more wisdom and understanding to the scientists who plan still further moon explorations but what impressed Solomon to write our text was not understanding and wisdom on how to hit the moon with a rocket or how to land a man on the moon. He was concerned with spiritual things. For a time he had been inclucenced by heathen wives to try their religious customs. Many heartaches and disappointments helped him to realize that this was not the way to true happiness. Any religion that deviates from the teachings of the living "God" lead only to folly. What is the wisdom and understanding that is needed most? Job answers the questions." The fear of the Lord, that is wisdom and to depart from evil is understanding" (Job 28:28) Do we fear our course in life will disappoint the Lord? Do we love Him enough to change our ways? When we do, we will obtain divine wisdom, and daily study of His Word will give us understanding.

Sent in by P R Secretary S.D.A. Church on Court St. in Historical Appomattox. All are welcome to worship with us. Come!

## Annual Ladies Night Held By Oakville Ruritans

The Oakville Ruritan Club held its annual ladies night banquet at the Parkway Restaurant on December 7. The evening began with a tasty steak dinner, followed by installation of the 1974 club officers. Travis Poole, recently elected lt. governor of the Appomattox District, installed the following officers for the coming year: C. R. Perkins, president; W. F. Corvello, vice-president; O. W. Martin, treasurer; Deryl Holliday, secretary; R. A. Lucado and James J. Pugh, directors.

Reverend J. J. Bowman, retired minister and presently serving as interim pastor at Liberty Baptist Church, completed the evening with an entertaining and most informative talk on the history of Christmas traditions.


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Friday, December 14

- 2:30 - 5:00 p.m.

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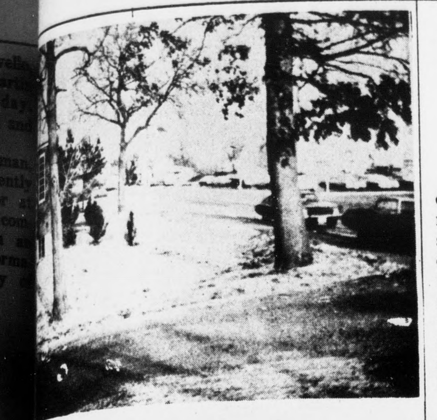

## First Snow of Season

...was white with the first snow of the season on ...morning. ...not enough of the beautiful white snow to really ...it made the outside world look clean and white. ...we will have a "White Christmas" after all.

## ...Black ...ge ...nt

...Va.: Pageants Un... the non-profit ...that produces the ...Teenage World of ...that the 1974 State ...be held in Lynch... a site yet to be ...The Miss Black ...World of Virginia ...an Official Prelimi... to the Miss Black ...World Finals. Ronald ...President of PUI ...that the 1974 Page... will be "Reach A Teen" with the ...Finals being held ...month of June. ...Unlimited through A Teen Program is ...to add a new ...to its world wide ...Touch A Teen is ...to involve teenagers ...at all levels of ...life to get together ...up with positive ...the many problems ...the community. Over ...three years Pageants ...has made available ...in College Scho... teenagers. Persons ...in securing more ...on the Miss Black ...World of Virginia ...may write Pageants ...Inc., P. O. Box 1139, ...Va. 24541. Miss ...Anderson of Ruther ...is the reigning Miss ...Teenage Virginia. Miss ...attends Ruther Glen ...ool. Her top prize was ...ship to Mary Mount ...Arlington. The 1974 ...Winner will represent ...in the World Finals ...er $50,000 in College ...ships will be presented ...alists.

## A Light From Your Heart

There will be few holiday lights this Christmas, because of the energy crisis. Compared to other aspects of the problem, the dimming is minor. But there is another kind of light whose cut-back would mean tragedy for millions -- the light of our concern for the needy, both here and in the world community.

In 34 countries struggling to become self-sufficient, that light shines upon the hungry, sick and poor through CARE, in the form of aid and development programs that bring them the health, the means and know-how to build a better life for themselves.

All of this begins with food, the source of human energy. The holiday-season CARE Food Crusade appeal asks us to help feed 26 million people, mostly children, during the coming year. In Africa, Asia, Latin America, the Middle East, nearly 20 million boys and girls will be served daily at preschool and nutrition centers, schools and other sites, to give them the chance to grow into vigorous, self-supporting adults. Other recipients include 6 million refugees and disaster victims in dire need of emergency food assistance.

To complete this plan requires $7,300,000. The rest of the costs are covered by host government contributions and U.S. donations of farm foods, so that our dollars are multiplied. For example: $5 can give 3,000 youngsters a cup of nutritious beverage; $10 serves a midday meal to 900 children; $25 helps feed 25 children for 3 months. The light you kindle from your heart will glow across the world long after the holidays. You can mail your contribution check to: CARE Food Crusade, 660 First Ave., New York, N.Y. 10016.

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BIRTHDAY

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| ...ene Harris | Dec. 15 |
| ...ash | Dec. 15 |
| ...rris | Dec. 16 |
| ...orrence | Dec. 18 |
| ...Harris | Dec. 22 |
| ...omas Paulette | Dec. 23 |
| ...nes | Dec. 25 |
| ...e Lee | Dec. 26 |
| ...Freeman Martin | Dec. 27 |
| ...ash | Dec. 29 |
| ...leshman | Dec. 29 |

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## Public Notice
## ...oposed Highway Project
## ...ute 647 - Appomattox Co.

...nterested persons are advised that the State Highway ...ssion of Virginia is hereby indicated its willingness to ...a Combined Location and Design Public Hearing ...ning the proposed inprovement of Route 647 in ...attox County from the intersection of Route 689 to the ...ection of Route 691 (Bridge and Approaches over the ...lk and Western Railway at Spout Spring).

...s, drawings, and environmental declaration and other ...ation concerning the proposed project are available for ...review and copying in the Department of Highways ...t Office located on Route 501 just south of the South ...rate Limits of Lynchburg, in its Residency Office located ...oute 1003 (Ferguson Street) just east of the Norfolk and ...ern Railway overpass in Appomattox.

...y interested citizen from the communities affected by this ...may request that a Public Hearing be held by sending a ...en request to Mr. T. E. Pittman, Resident Engineer, ...nia Department of Highways, Appomattox, Virginia ...on or before January 4, 1974. In the event such a request ...eived, a further notice of the time and place of hearing will ...sted.

State Highway ...ommission of Virginia

## Food Shopper

by
Cathy B. Hinton
Virginia Department of Agriculture

Salads are an adventure in eating. They can be used year round not only as a meal starter, but also as the main course or dessert. To add color, flavor and zest build your salads around the different varieties of fresh citrus which are now in good supply at grocery stores. Many are now being featured at lower prices.

Not everyone realizes that citrus fruits used in salads provide a powerhouse of good nutrition. So isn't it time for you to get into the citrus salad habit so you can take advantage of the fruits which are so rich in vitamin C?

There are so many delectable fruits just waiting to be changed into a tantalizing salad. Grapefruit, oranges, tangerines or apples, pears and bananas; all of these will add variety and flavor appeal to salads. TAke your pick from these and many others on display at the produce counter.

Don't forget those crisp fresh vegetables which team up with citrus to challenge your imagination and skills! Then of course, there's always "planned overs," or leftovers as some people refer to them. Cooked poultry or meat combined with citrus turn a salad into a main event.

The setting for a salad must include a glamorous selection of salad greens plus a taste tempting dressing. Experiment with your greens; for example substitute fresh spinach or combine shredded cabbage with basic greens. Try adding freshly squeezed citrus juice and grated peel to prepared salad dressings to add a new twist.

Be dramatic, prepare the salad at the table in front of the family, this adds just the right touch of elegance when done properly. Or perhaps a "maKE your own" salad bar would suit your fancy. Bowls with tangy fresh citrus, piles of crisp greens and a choice of dressings who could resist?

Get into the salad habit while taking advantage of the fresh citrus now being featured at your local grocery store.

## American Cancer Society Calendar

With the new year comes a deluge of calendars of all descriptions. One developed recently by the American Cancer Society, Virginia Division, has an important lifesaving purpose.

With the advice that Prompt Action Protects, this three-year calendar is directed especially to women. "Spare a few minutes once a year for a Pap test for uterine cancer," it says. Space is provided for women to mark when their appointment for a Pap test is due for the next three years..

According to the American Cancer Society, which last year embarked on a nationwide drive to eliminate deaths from uterine cancer, most women should have annually the simple, painless and inexpensive Pap test which can detect cancer of the uterine cervix early, when it is most curable. The Society's Uterine Cancer Task Force Project launched in Virginia and throughtout the country last Fall has as its goal "a Pap test by 1976 for every woman twenty and over." The Society hopes that women will continue to have a Pap test periodically.

The calendar also urges women to "Take five minutes each month for BSE (Breast Self-Examination)." Practiced monthly, this simple method of examining the breasts can help to detect cancer in the early curable stage.

Men needn't think the new American Cancer Society calendar is inappropriate for them, for the calendar also lists the Seven Warning Signals of cancer and reminds "Have An Annual Checkup" -- good advice for men or women.

The three-year calendar is available without charge from your nearest American Cancer Society office or write American Cancer Society, Virginia Division, Inc., 3218 W. Cary St., Richmond 23221. The leaflets "Stay Healthy, Learn About Uterine Cancer" and "A Breast Check" are also available from the Society upon request, as is other information on cancer.

## Jeannie ON THE SPOT

A third of a cup of vinegar can be a valuable liquid asset for a baby bottle sterilizer. If left to soak overnight, it will remove the mineral and rust deposits.

* * *

Using lemon juice is a handy way of removing spots from fingers. Squeeze the juice of a lemon into a very small container and soak your fingers in it. Afterward, gently brush your fingers with mild hand soap and warm water and rinse well. Use your favorite hand cream and just see the difference.

* * *

Food encrusted coated chairs needn't be an eyesore. A thorough sponging with Ajax All Purpose Cleaner in hot water dissolves the grease and softens the food, to make the chairs look like new.

* * *

You can get soiled tennis shoes white on a shoestring. After washing them in the washing machine, apply white shoe polish diluted first with one-half water. When they are dry and stains are completely covered, they look like new.


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